





# Virtual 50+ Community Center December 2021 Programs & Activities

Website: [www.FrederickCountyMD.gov/Virtual50](http://www.FrederickCountyMD.gov/Virtual50)  
Email: [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov)

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Fitness	<b>1:30 Line Dance @ VSC \$</b> <b>2:45 Floor Yoga @ VSC \$</b>	<b>9:00 Strength/Stretch @ VSC \$</b> <b>10:30 Flow Yoga @ VSC \$</b> <b>1:30 Zumba Gold @ VSC \$</b>	<b>12:15 Zumba Gold @ VSC \$</b> <b>3:00 M&amp;M @ VSC \$</b> <b>7:00 Yoga Nidra \$ (2<sup>nd</sup> Wed only)</b>	<b>9:00 Joy of Movement @ VSC \$</b> <b>10:30 Flow Yoga @ VSC \$</b> <b>1:00 Line Dance @ VSC \$</b>	<b>9:15 Zumba Gold @ VSC \$</b> <b>10:30 Yin Yang Yoga @ VSC</b>
Additional Programs and Activities	<b>Williamsburg-style Wreath</b> 		<b>1</b> <b>10:30 Writing Family History II</b> <b>12:30 Good News Only</b> <b>1:30 Craft &amp; Conversation:</b> <i>Paint with Coffee with Caitlyn</i>	<b>2</b> <b>10:30 Knit/Crochet Group</b> <b>1:00 DIY Medicare Part D Workshop</b> <b>2:30 MAP: Health Care Clinics</b> <b>3:30 Craft &amp; Conversation:</b> <i>Origami Ornament with Cathy</i>	<b>3</b> <b>11:30 Kitchen Kapers:</b> <i>Cheese Latkes (Pancakes) with Dara</i> <b>1:00 Royal Botanical Gardens:</b> <i>Plants in Our Holiday Traditions \$</i>
	<b>6</b> <b>10:00 Williamsburg-style Wreath \$</b> <b>10:30 Coping with the Holidays While Grieving</b> <b>12:15 Film Club: <i>The Family Man</i></b> <b>2:30 Bookshelf Book Club:</b> <i>Choose any Aunt Dimity book by Nancy Atherton</i>	<b>7</b> <b>11:00 TED Talk</b> <b>3:30 Drawing Class</b> <b>7:00 Fun &amp; Games</b>	<b>8</b> <b>9:00 Nutrition with Giant:</b> <i>Get More Plants on Your Plate</i> <b>10:30 Writing Family History II</b> <b>7:00 Yoga Nidra \$ (2<sup>nd</sup> Wed only)</b>	<b>9</b> <b>10:30 Knit/Crochet Group</b> <b>2:30 Good Stories Book Club:</b> <i>Choose any mystery by Anne Cleaves, creator of Vera</i>	<b>10</b> <b>1:00 First Ladies National Historic Site:</b> <i>Decorating with a Purpose</i>
	<b>13</b> <b>10:00 Craft &amp; Conversation:</b> <i>Gift in a Jar with Dara</i> <b>12:15 Film Club:</b> <i>While You Were Sleeping</i>	<b>14</b> <b>9:00 New to Medicare Workshop</b> <b>11:00 TED Talk</b> <b>3:30 Drawing Class</b> <b>7:00 Six Word Stories</b>	<b>15</b> <b>10:30 Writing Family History II</b>	<b>16</b> <b>10:30 Knit/Crochet Group</b>	<b>17</b> <b>Noon Groceries for Seniors @ Frederick Senior Center</b>
	<b>20</b> <b>10:00 New to Medicare Workshop</b> <b>12:15 Film Club:</b> <i>The Shop Around the Corner</i>	<b>21</b> <b>11:00 TED Talk</b> <b>3:30 Drawing Class</b> <b>7:00 Science Hour:</b> <i>Simple Seasonal Science</i>	<b>22</b> <b>10:30 Coloring &amp; Conversation</b> <b>Writing Family History II</b> (no program today)	<b>23 closed</b> 	<b>24 closed</b>
	<b>27</b> <b>12:15 Cinema &amp; Conversation:</b> <i>Discussion on Favorite Seasonal Movies</i>	<b>28</b> <b>11:00 TED Talk</b> <b>3:30 Drawing Class</b>	<b>29</b> <b>10:30 Writing Family History II</b>	<b>30</b> <b>10:30 Knit/Crochet Group</b> <b>2:30 New Year's Fun &amp; Games</b>	<b>31 closed</b> 
	<p>           ► Connecting with Others   ► Being Creative   ► Staying Healthy            ► Expanding Your Horizons   ► Virtual Field Trips            ► Resources: Be Informed   ► Staying Fit: Exercise         </p>			<p>           You must pre-register for all programs.            Programs with an “\$” have a fee.            Programs are subject to change.         </p>	

**Registration Information**  
Pre-registration is required, Program are offered via Zoom

### Free Programs

Registration must be received at least two business days before program.

Email: [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov) or

Be sure to include:

Your Name, Phone Number, Email Address, and  
Names & Dates of Classes and Programs You Want to Take

### Confirmation

Once we receive your registration, we will contact you more details about the programs. Your registration is not complete until you hear from us!

### Programs with a Fee

Registration must be received by the “Registration closes” date. If there is not a date listed, registration must be received least two business days before program.

Payment must be included with registration. Payment is non-refundable.

#### Credit/Debit Card: Online

Pay via our eStore: <http://frederickcountymd-gov.3dcartstores.com>

- Once on the website, located the “Category” boxes on the left side.
- Click on the button for “Virtual 50+ Programs”
- Click on the program you want and add the selected program to your shopping cart

**Check: Drop-Off** (we recommend that you only mail a check if absolutely necessary)

- Make check payable to “Frederick County Treasurer”  
Include: Your Name, Email Address, Phone Number, and  
the Names & Dates of Classes and Programs You Want to Take
- Place the addressed envelope containing the *Check & Registration Information* in the lock box at the Senior Services Division (box is located to the left of the handicapped entrance door)

Frederick County Senior Services Division

Attn: Virtual 50+Center, 1440 Taney Avenue, Frederick, MD 21702

### Confirmation

Once we receive your registration, we will contact you more details about the programs. Your registration is not complete until you hear from us!

## Frederick County Senior Services Division Virtual 50+ Community Centers

Offering fitness, enrichment & social opportunities for ages 50+

# December 2021 Programs & Activities

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### Program Highlights

#### Kitchen Kapers: Cheese Latkes (Pancakes) with Dara

Before the potato became the dominant ingredient in Chanukah cookery, cheese was the choice! Join Dara in this demo of cheese latkes – historic holiday cooking

**Date/Time:** Friday, December 3, 11:30 a.m.-12:30 p.m.

#### Williamsburg-style Wreath

Make a beautiful holiday wreath -- fruit, floral and greenery arranging. Finish with a beautiful bow. Hang it through the holidays and the dreary winter months or give it as a gift. Led by Jeanne McDermott

**Date/Time:** Monday, December 6, 10-11:30 a.m.

**Cost:** \$15 includes pre-packed kits for pick up at one of the centers

#### Coping with the Holidays

Learn how to cope with the holidays while grieving. We will look at practical ways to deal with your feelings, ways to honor your loved one and care for yourself in the midst of what can be a challenging time.

**Date/Time:** Monday, December 6, 10:30-11:30 a.m.

#### Conversation Programs (check calendar for updated dates and times)

**Coloring; Cinema; New Year’s Fun and Games**

**Crafts:** Paint with Coffee, Origami Ornament, Gift in Jar

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### Virtual Center (VSC)

Email us: [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov)

**For program descriptions and more information,**  
please visit our website [www.FrederickCountyMD.gov/virtual50](http://www.FrederickCountyMD.gov/virtual50)